



Clementines

- Clementines! ¡Las mandarinas!
- Clementines are seedless.
 - Clementines are small and orange.
 - Clementines taste sweet and tangy.

Help
Dora and Boots
find the
clementines among
all the other
fruit!

Write
how many
clementines
you found.



Clementines

DORA'S CITRUS WAFFLES

Preparation Time: 10 Minutes

2 clementines, peeled
2 teaspoons sugar
2 tablespoons orange juice
1 whole grain waffle, frozen
2 tablespoons whipped cream,
pressurized, canned* (use low fat
vanilla yogurt as an alternate topping)
1 tablespoon fresh raspberries (optional)

Serves: 1

1 Cup of Fruit per Serving

Nutrition Information per Serving: calories: 239,
total fat: 6.3g, saturated fat 2.3g, % calories from
fat: 24%, % calories from saturated fat: 8%, protein:
5g, carbohydrates: 44g, cholesterol: 43mg, dietary
fiber: 4g, sodium: 145 mg.

Separate peeled clementines into individual sections. Place clementines in small microwave-safe bowl with sugar and orange juice. Blend carefully, so as not to break clementine sections apart. Heat for one minute in microwave then remove cautiously because the bowl may be hot. Allow to cool for 2-3 minutes. Toast waffle until golden brown. Top waffle with warm clementines, whipped cream, and raspberries.

A great recipe for parents and children to make together.

Recipe was developed for Produce for Better Health Foundation (PBH) by Chef Mark Goodwin CEC, CNC. All PBH endorsed recipes meet nutrition standards that maintain fruits and vegetables as healthy foods.

PARENT TIPS

- Clementines peel easily and are seedless, making a perfect snack for children.
- Clementines can be substituted in recipes that call for other similar citrus fruits.
- Keep clementines refrigerated and they will last about a week.
- Look for clementines that have bright orange and shiny skin with a citrus-y smell.
- Generally, the smaller the clementine, the sweeter it is.
- One clementine only has 35 calories and is full of important nutrients like Vitamin C.

Eat colorful fruits and vegetables every day.



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